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SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS

Noontime laughter

Comedians jest with students in Sanctuary.
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MONDAY, JANUARY 24, 2011

CONESTOGA COLLEGE, KITCHENER, ONT.

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43RD YEAR — NO. 3

Glee rocks Conestoga's socks

By MANDY LIVERANCE

You don't have to be a gleek to enjoy the music.

Conestoga College now has its very own Glee club, which is open to any student who can sing and who has the courage to perform.

The founders of the club, Lyndsay Bombardieri and Kasey Steele, both second-year health office administration students, have described themselves as "glee-aholics." With a passion for singing and a healthy obsession to the TV series Glee, they dedicated their time to put a club together where students with the same interests can sing in harmony.

"Glee is an environment where you can be yourself," said Kristen Carmichael, a third-year business management student and a member of the club. "It's a place where teamwork, passion, commitment and talents come together."

Auditions for the club were advertised through posters hung around the school in the first semester. The club has a solid crew together already, but others still have the opportunity to join.

"We were looking for someone who could carry a tune and just perform in general, even if they were nervous,"

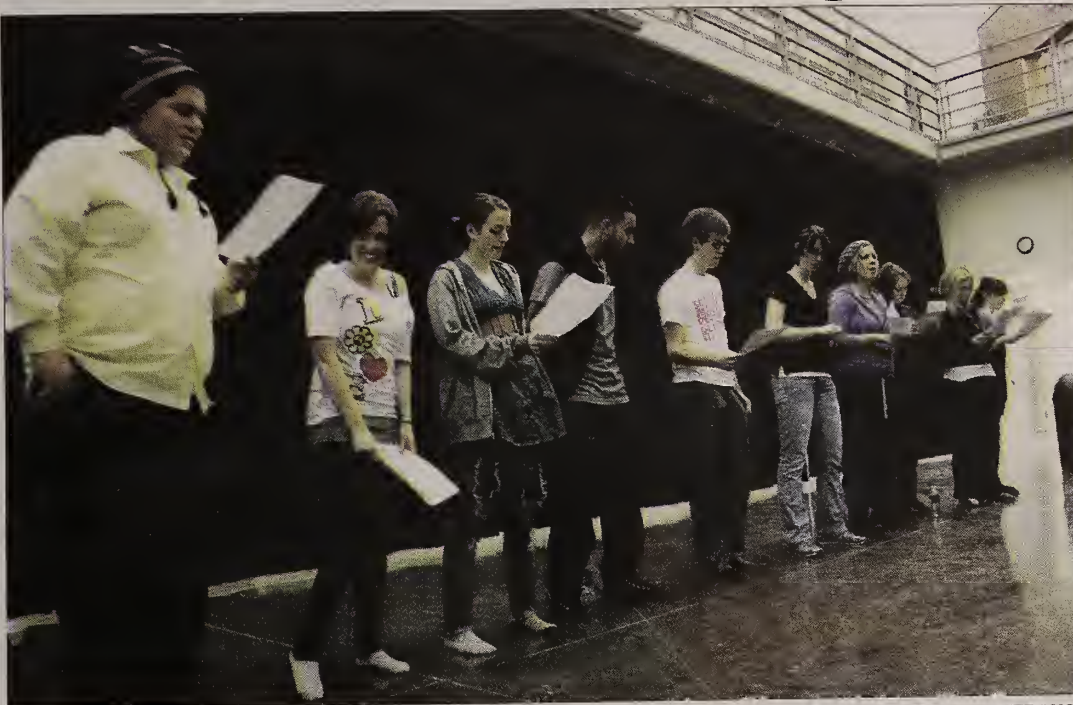


PHOTO BY MANDY LIVERANCE

The members of the Conestoga Glee Club sing Imagine by John Lennon during their rehearsal in the atrium on Jan. 16.

Bombardieri said. "Listening to everybody sing, it honestly gave me goosebumps."

Eighteen students came out for auditions and each had his or her own unique talent that gave them a place in the club.

"We thought it was going to be difficult," Steele said of recruiting members. "We didn't put up a lot of posters; it seemed to mostly just be word of mouth. I was surprised."

The Glee club has already caught the attention of the right people. Steele was contacted by Darren Price, Kitchener City Hall's event co-ordinator, and was asked if the club was willing to perform during Earth Hour. It was an offer the club gleefully accepted. The crew will put on an acoustic performance at City Hall on March 26.

Another performance is

scheduled for diversity week at Conestoga in February, where they will be performing in the Atrium to celebrate multiculturalism.

With a couple of other shows scheduled throughout the semester, and a final performance at the end of the school year at the Humanities Theatre at the University of Waterloo, the club is working hard to put on great shows.

But without Hollywood vocalists and choreographers, these students have to put in a little more effort to pull off a smooth performance.

It's the dedication of club members that will make it a success.

"We're scared that people won't commit," Bombardieri said. "We want this club to be professional. It's supposed to be fun, but also sound good. We just need to keep people focused on what we're doing."

Finding the perfect songs, suiting the songs to certain singers and doing the choreography has all been a challenge. With each rehearsal they are slowly smoothing out the rough edges and improving.

"It's frustrating and very challenging," said Carmichael, who is also a choreographer for the club. "What I think is basic is more challenging for others, so I have to adjust."

During practices there may be some frustration and confusion, but it is evident everyone is still having a good time by the laughter between songs. Despite the challenges, the members of the club seem to remember why they joined in the first place; for their love of singing.

Those who had missed auditions but still want to be a part of the club can contact centerstage2010@hotmail.com.

More students paying Counselling Services a visit

By NATHAN RIENSTRA

As time goes on, students at Conestoga College are less concerned about keeping their feelings to themselves.

According to Shawna Bernard, a counsellor in Conestoga's Counselling Services office, more students seek counselling in fall semesters. She said this is because students tend to feel during their orientation as if everything is going well, but then when they start their classes, they find themselves having to go through a stressful adjustment phase.

"But we have some students that are starting in new programs this winter, so they would be going through that initial adjustment that every student went through in the fall," she said.

In addition, Bernard noticed the number of students who report feelings of depression is generally higher in the winter.

"We have some students who come in, and whether they've been diagnosed with depression or not diagnosed and just report feeling down, we talk (to them) about seasonal affective disorder," she added. "I've had some students who recognize personally that they go through cycles and that things are more difficult for them in the winter."

But depression isn't the only problem students often face around this time. Jacqueline McLaren, executive director of Student Services, said, "We (also) see a dramatic increase around stress level, around coping and managing (and) around dealing with anxiety

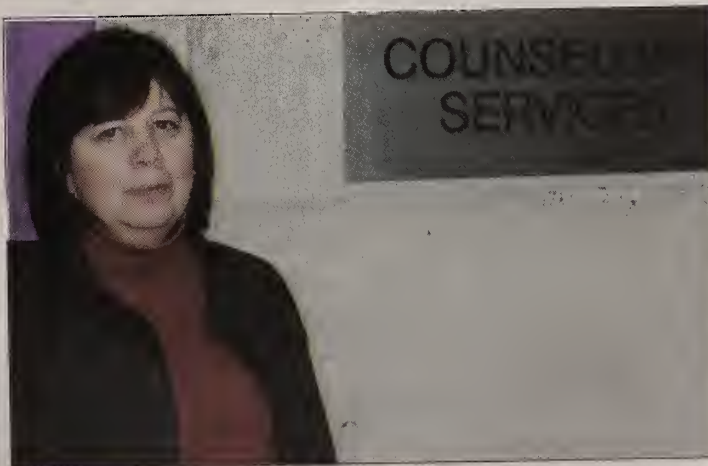


PHOTO BY NATHAN RIENSTRA

Jacqueline McLaren, executive director of Student Services, stands outside the Counselling Services office on Jan. 14. McLaren noted a dramatic increase in students' stress levels and anxiety during late fall and early winter.

... when we come into late fall and early winter."

Bernard said it does happen

fairly frequently that a concerned teacher refers a student to the Counselling

Services office, but more often than not, students show up on their own.

She thinks students are generally more willing to talk to counsellors now than in previous years because counselling has become more common and normalized. She also believes students are starting to realize Conestoga's counselling services are a strategy for success, and that they're free, voluntary and confidential.

Students who are feeling overwhelmed and are unsure of who they should talk to can contact the Counselling Services office at 519-748-5220, or go to Room 1A101 in the main building's Student Life Centre. Office hours are from 8:30 a.m. to 4 p.m., but counsellors are available until 4:30 p.m.

Now deep thoughts ... with Conestoga College

Random questions answered by random students

If you could bring any famous or historical person back from the dead, who would it be and why?



"Heath Ledger because he was a good actor and I would have liked to see what else he could have done."

Lindsay O'Neil,
first-year
APFM

"Beethoven, to see what he could accomplish with more instruments and better technology."

Kathryn Benoit,
first-year
OTA/PTA



"John Lennon so he could finish what he started."

Ryan Porter,
second-year
broadcast journalism

"Princess Diana because she was a role model you could actually look up to."

Megan Osborne,
first-year
interior decorating



"Hitler, to try to understand how everything got to the point that it did."

Trisha Chadha,
first-year
business marketing

"Christopher Columbus because we share the same first name and he'd have some good drinking stories."

Chris Paredes,
third-year
accounting



Smile Conestoga, you could be our next respondent!



PHOTO SUBMITTED

The Kitchener Public Library's annual photography contest is open to amateurs of all ages. Last year, first place in the adult landscape category was awarded to Jesse Brenneman for the above photo.

Get that camera out KPL photo contest underway

By LISA OLSEN

The Kitchener Public Library's annual photography contest is underway, with a few changes.

"This year we have only one age category," said Stephanie Schmalz, a graphic designer with the library's marketing and communications department. In the past, there were separate categories for adults and youths.

The Kitchener Horticultural Society has also jumped on board, with the addition of a new category: Rockway Gardens, which involves any photos taken in the Kitchener park.

"We chose to participate in the Kitchener Public Library Photography Contest as it is another way in which we can fulfill the mandate of all horticultural societies to teach their communities about hor-

ticulture," said Bruce MacNeil, vice-president of the society in an email.

The photos pertaining to Rockway Gardens will be judged by the Horticultural Society, most likely by Maryanne Weiler, a board member.

"(Weiler) has participated in a number of photography contests herself and won awards for her entries," MacNeil said. She has also contributed her photographs to local newspapers.

The competition's other categories, including people, nature (animals), nature (landscape), architecture and photo manipulation, will be judged by professional photographers from the Waterloo Region Record and photo manipulation artist, Lori Crewe.

The competition is in its fifth year and draws submis-

sions from amateur photographers from all over Waterloo Region.

"(In previous years) we've had as many as 2,000 entries," said Schmalz.

This year, the winners will attend an award ceremony where the photos will be projected on a large screen, complete with a public critique by Rod Frkeitch, the Record's photo editor.

The only thing missing is an exhibit, which can't be held due to space limitations caused by the main branch's renovations.

The images will also be displayed on the newspaper's and library's websites. The grand prize is a \$200 gift certificate from Henry's Camera and Photo Supply.

The contest closes Feb. 28. Winners will be announced in the spring. For more information, visit www.kpl.org.

LAST-DITCH EFFORT



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Working to prevent sexual assault

By GERALD UPTON

"People are blind to it in the college," said Lorna Campbell, "but it does exist."

Campbell, the supervisor for Barber-Collins Security Services at Conestoga College, feels strongly not enough of the students or even staff are concerned or even aware of the possibility of sexual assault. She sits on two committees in Waterloo Region that co-ordinate efforts to address and prevent sexual violence.

According to Statistics Canada, over half of Canadian women have experienced at least one incident of physical or sexual violence since the age of 16.

"At the meetings, I represent the college and the security company," said Campbell.

"Domestic Assault Review Team is a community co-ordinating committee. Its purpose is to facilitate an effective approach to responding to domestic violence." The Sexual Assault Response Team is similar, but focuses more on non-domestic violence.

"While police statistical reports reflect high levels of violence against women, we know that these reports reveal only the tip of the iceberg," said Sara Casselman of the Sexual Assault Support Centre of Waterloo Region. "Sexual assaults have notori-



ously low reporting rates; more than 90 per cent of victims do not report their experiences to the police. In the case of domestic assaults, between 63 and 74 per cent of female victims do not report their experiences." Casselman heads up both committees. The numbers she quoted come from Sexual Offences in Canada, a publication put out by Statistics Canada.

While the college may seem like a safe environment to many, it is a high-risk environment because it includes a high percentage of high-risk individuals. Women between the ages of 16 and 24 are four times as likely to be assaulted as any other age group, Campbell emphasized.

Twenty-five per cent of all

female post-secondary students have been physically and/or sexually assaulted by a date or boyfriend, according to Holly Johnson's book, *Dangerous Domains: Violence Against Women in Canada*.

Prevention is the key. It is helpful for anyone to recognize and avoid any situations that could turn sour. However, if you can't avoid it beforehand, you should know how to deal properly with it afterward. There are many organizations within the college and outside to help you both avoid it and deal with it.

"It's very important that people are aware that these are available to them," said Campbell. In the college itself, all security officers have had sensitivity training.



PHOTO BY GERALD UPTON

Lorna Campbell, supervisor at Security Services, sits on two sexual assault prevention committees.

Counselling will also help.

Don Willis is the director of Safety and Security at Conestoga College. He fully supports Campbell in her endeavours.

"For us it's an opportunity

CONTACTS:

Some of the organizations in the community include:

- KW Counselling
- 519-884-0000
- Women's Crisis Services
- 519-742-5894
- Waterloo Region Sexual Assault and Domestic Violence Treatment Centre
- 519-749-6994
- Sexual Assault Support Centre Crisis Line
- 519-741-8663
- John Howard Society
- 519-743-6071
- Mobile Crisis Unit
- 519-744-1813

At Conestoga College, contact:

- Lorna Campbell at Security Services
- 519-748-5220, ext. 3357
- Counselling office
- 519-748-5220
Doon, ext. 3360
Waterloo, ext. 229

to see how the community is reacting to sexual assault and domestic assault," he said. He stressed that what Campbell learns, she shares with the rest of the security staff.

"I think it's great that she's participating," said Jacqui Reid, bylaw co-ordinator for Barber-Collins at Conestoga.

Enrolment growth tests college's bookstore

By ROBERT CONTE

The start of a fresh semester means new textbooks and supplies. The task can seem daunting but staff at Conestoga's bookstore, which sells everything from clothing to notepads, is here to help.

"As the enrolment at the college continues to increase, the size of the bookstore is sometimes a limiting factor in being able to effectively accommodate students at our two peak startup periods," said Mary Andraza, the manager of retail operations "We make every effort to ensure that all students are accommodated by staffing accordingly and offering online ordering in order to avoid the lineups."

Despite this, some students did find themselves trapped in long lineups. Others, however, were able to avoid waits by ordering online. Media and communications student Christine Woodward found the service at the bookstore

reasonable despite the wait.

"I've never really had to wait in line for a noticeably long amount of time. I understand that the bookstore can be quite busy at times and they're doing everything they can do speed up the process," she said.

According to Andraza, lineups can be easily avoided by coming in the evening.

So, what's a student to do if the books they need are out of stock? She has some advice.

"If a student visits the bookstore and their textbook is not in stock, we always advise that they check our website to determine when the stock is on hand. This eliminates making multiple trips to check on their textbook. If a textbook is on order we will take students' names and call them when it comes in," she said.

After avoiding lines and buying all required texts, what else should Conestoga students keep in mind?



PHOTO BY ROBERT CONTE

Students line up for new textbooks at the start of the winter semester. As enrolment at the college continues to increase, peak startup periods can mean long lines for students.

"If I could offer one valuable piece of advice to students it would be to hang onto their receipt. We rarely accept a return without a receipt. Students should also keep

their texts in perfect condition and return them promptly (within two weeks) if a return is necessary," said Andraza.

Students such as Woodward

seem pleased with the service at the bookstore, saying staff are genuinely kind and helpful.

"Just lower the price of sweaters," Woodward said jokingly.

Haiti still needs help

By COURTNEY NIXON

A year after a disastrous earthquake left an estimated 1.5 million Haitians homeless, 250,000 injured and an estimated 230,000 dead; many are still feeling the aftershock a year later.

Haiti, one of the poorest countries in the world, has a long way to go until it will be stable again.

Within days of the disaster hundreds of volunteers and aid groups arrived with food, water and first aid that helped save countless lives.

However, it is now a year later and it doesn't look like Haiti is in much better shape.

One of the signs showing how far Haiti still has to go is that less than five per cent of the debris has been cleared and that bodies are still being found within it.

Of the 1.5 million people misplaced, less than half have found a new home and many are still living in refugee camps which, come June through November, will become vulnerable to hurricanes.

Not only must Haitians deal with rebuilding, but they also have to cope with the recent outbreak of cholera that killed more than 3,600 people.

Cholera is an acute diarrheal disease caused by an infection in the intestines that can kill even a healthy adult in a matter of hours.

Many of those who reside in tent cities see no way back to a normal life or to attend school, as 80 per cent of the schools were destroyed and little leadership is being shown by the government to assist in the rebuilding.

"When you look around Haiti you get the impression that people are going to be living in tents for a long time to come," Carolyn Barker-Villena, Lutheran World Relief's senior program manager for Latin America, told the media. "Look at how long it took after Katrina, and Haiti has a government that barely functions at all. Plus, there are a huge number of people, it's a daunting task."

The effort to rebuild has been belittled by the lack of leadership both in Haiti and internationally, yet Canadians and citizens of other countries can only do so much. Of the \$2.1 billion pledged by government for reconstruction in 2010, just 42 per cent has been allocated.

What should be done?

The Haitian government must ask other nations to take over the relief efforts, and get them to draft a long-term action plan. And an ongoing public relations campaign must be started to ensure the world doesn't forget Haiti and encourage people to donate because donations are going to be needed for a long time to come.

The views herein represent the position of the newspaper, not necessarily the author.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification. No unsigned letters will be published. Letters should be no longer

than 500 words.

Spoke reserves the right to edit any letter for publication.

Address correspondence to:

The Editor, Spoke, 299 Doon Valley Dr., Room 1C30, Kitchener, Ont., N2G 4M4



Winter conditions cause drivers to lose their heads

Don't be a careless driver

If you picked up the Waterloo Region Record on Jan. 11, it would have been easy to jump to conclusions.

The front page headline, Five pedestrians bowled over by out-of-control vehicle after crash, makes you assume the driver would be found guilty of careless driving or face some other charges.

But we shouldn't forget that a driver could cause an accident by an unfortunate event that is out of his control.

He could be rear-ended, have a heart attack or seizure or his car could have a mechanical failure.

Nonetheless, experts say that most accidents are usually caused by distracted drivers — those who use a cellphone, put makeup on, eat or change radio stations.

The accident on Jan. 10 involved a vehicle crashing into another vehicle, causing it to crash into pedestrians standing at the corner of University Avenue and King Street in Waterloo, a corner that is always crowded with students.

Although why it happened isn't yet known, drivers should be forewarned.



Laura Bennett
Opinion

Taking your eyes off the road for even a second can cause a fatal accident, so it's important to not have any distractions.

As a driver from a small town, when I see some of the vehicles fly past me on the roads in Kitchener-Waterloo I often wonder, where is the fire and who made you the king of the road?

Not to say that drivers from a small town are better at driving, but in the city there are more vehicles, more lanes and more people, and drivers need to slow down.

When I'm driving in the city it feels like being in a Nintendo game. Motorists are racing for open lanes, cutting past vehicles and slamming on the brakes to let other drivers in who fail to signal.

The recent law making it

illegal to talk or text on a cellphone while driving is a great way to reduce the number of accidents, but it is only the start. More legislation must be enacted.

Also, some vehicles are now equipped with proximity monitors and drifting monitors that warn drivers when they get too close to a vehicle or to the shoulder of the road.

And in a letter published in the Record on Jan. 14, a woman urged council to execute a system called pedestrian scramble, where traffic is stopped in all four directions and pedestrians are free to walk across the intersection, including diagonally.

Right now Toronto has four pedestrian scrambles and they are expecting to create more. I think that Waterloo would benefit from these, especially in the busy intersections by both universities.

These are just a few options that must be explored. As our cities grow, there will be more pedestrians and vehicles.

It is time to work on making our streets and sidewalks safer. Before more tragedy strikes.

SPOKE

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102.1 the Edge did the right thing

A few weeks ago while driving to Conestoga College I had my radio tuned to 102.1 The Edge, a Toronto station. They have a morning show called The Dean Blundell Show where Blundell, Todd Shapiro and Derek Welsman have a laugh making fun of others and themselves most of the time.

On this particular day they engaged in a conversation with Shirley Phelps from the Westboro Baptist Church, which is well known for its ridiculous protests mainly targeting homosexuals. The main



Sara
Busse
Opinion

focus of the interview was to convince Phelps to stay away from the funeral of nine-year-old Christina Taylor who died in the shooting that took place in Arizona. Phelps wanted to picket at the funeral in order to convince others that the shooter was sent from God. In order to make her a deal Blundell prom-

ised to allow her air time on the show. I thought this took major guts and I, for one, believe Blundell did this as a compassionate act, not for a story. It was hard for me to hear people saying it was poor journalistic judgment in giving this woman air time to spew her ridiculous religious views.

A few days later Blundell explained that he is not a journalist, he was not trying to create a story for ratings, he was simply trying to do what most of us wish we could have done. He managed to keep this psychotic group, yes, I call them psy-

chotic and disgusting, from disrupting one of the saddest days a family would ever be forced to go through.

Some find Blundell to be immature and it's hard to

”

The main focus of the interview was to convince Phelps to stay away from the funeral ...

”

disagree with that when he speaks to listeners about “What happened,” a some-

what crude bit on his show where people call in and share their R-rated stories in hopes of winning concert or movie tickets, but I have never heard him so serious when he was convincing Phelps to stay away from the funeral.

Blundell has enough faith in his listeners to trust that they wouldn't believe what Phelps was saying, and as a listener I can assure you that, if anything, her air time made me dislike her views that much more.

So I tip my hat to these boys.

Well done.

Skins censored is Skins ruined

Skins, the controversial TV teen drama sensation in Britain, has been remade for North American audiences. With new actors playing the same roles, you'd expect this new series, airing Mondays at 10 p.m., to be as successful as the original. But there is one key difference between the British and the American version that makes me want to sit this series out: North-American censorship.

Made for the British channel E4 in 2007, Skins quickly rose to popularity, despite using obscure actors. Its raunchiness and graphically sexual depiction of high school life attracted attention, and gained many diehard fans. With nudity, frequent scenes of drug use and extremely coarse language, the show is known for being a real portrayal of how scandalous high school can be for a lot of teens. It is this disregard for censorship and lack of fear for showing teens doing things considered taboo that makes this series unique and wildly popular.

In North America, our broadcasting standards are different, and as our version of the show is being made for MTV, it will be a very different Skins than the one audiences of the U.K. have experienced. According to a Jan. 15 article in the Toronto Star, executive producer Matt Jones said, “We are working in a different environment with a broadcast network in North America, so we are careful with language and content.”

This sounds to me like the U.S. version is taking everything that was special about this show in the U.K. and cut-



Emily
Gerrett
Opinion

ting it out.

In Canada, Degraasi has been the main controversial look at high school life in a TV series, and if we are honest about it, even this is a sugar-coated version. Skins is not glamourizing the drugs and partying, but at the same time it isn't shoving a morale lesson in your face. It is just a look at how high school life is, and it will make teenagers who watch have good questions about the drug use they're seeing on screen and in real life.

For those who think the censorship is a good thing due to the fact that it is a high school drama, I say high school is the perfect time for young adults to be exposed to this type of show. This is the time when teens are still living at home, and are still somewhat under their parents' influence. A show like the British version would create more open conversations between teens and the adults in their lives.

I think the broadcast standards of our country will completely ruin what was so special about Skins in the first place. The buzz over this new series has done nothing to make me want to switch on my TV for the premiere; the only thing I want to do is head over to HMV to buy the seasons of the original, uncensored version.

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Comedy nooner kicks off new semester

By KATHRYN SCHNARR

Conestoga Students Inc. kicked off the new semester with a laugh, treating students to performances by comedians Mark DeBonis and Gilson Lubin.

The Sanctuary was overflowing on Jan. 12 with students eager to attend the first comedy nooner of the year. Judging by their reactions, it is safe to say that the event was a success.

"I thought the comedy nooner was great," said Krystin Kudoba, a second-year business management student. "When Mark came on I thought he was pretty funny, but Gilson was hilarious. The comedy nooners are always pretty good and this one was no exception."

First to perform was DeBonis, a Scarborough native who began his career only three years ago. He has travelled throughout Canada and the United States, even managing to win a Canadian Comedy Award for Best Newcomer. DeBonis's dry and sarcastic sense of humour was a huge hit with the crowd, and a large part of his act involved poking fun



PHOTO BY KATHRYN SCHNARR

The Sanctuary is filled with Conestoga students eagerly listening to Gilson Lubin's standup comedy on Jan. 12. Part of Lubin's act was picking on audience members, who were good sports about it.

at himself.

However, when headliner Gilson Lubin took the mic, he joked about his ethnicity (he is black) and the laughter got louder. He was not afraid to use his ethnicity to his advantage. On top of this, his constant involvement with the crowd

had students wildly entertained. Lubin jokingly picked on almost everyone present at the event and did so hilariously.

Beginning his career as an MTV host, Lubin has come a long way. He has performed at the Just for Laughs festi-

val and appeared on Comedy Central multiple times.

Although the event seemed successful, there was some confusion behind the scenes.

"The comedy nooner was OK, but due to the weather they showed up late and the event did not go as

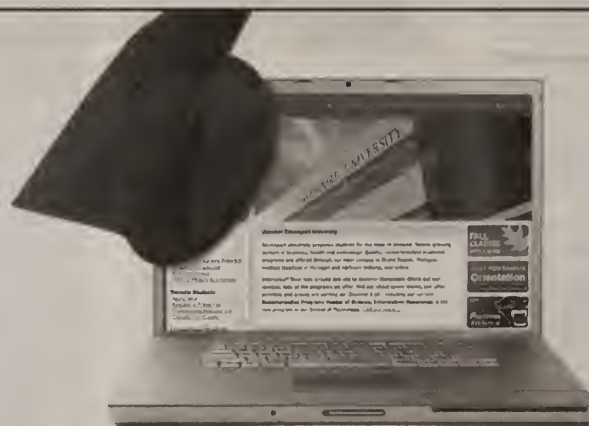
planned," said Tara Herriot, event co-ordinator for CSI.

This event is only the first of many that CSI has planned for students. To see other events and activities being held this year, students can go to www.conestogastudents.com/index.php.

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Crime is constantly in the news in K-W

By **MARCUS MATTHEW**

What was once a calm and contained region is slowly being taken over by crime.

Over the past few months, there have been many shocking headlines about crime-related activities including robberies, stabbings and numerous break-ins.

There has always been a fairly low rate of crime in the region. However, over the past few months, crime has been a frequent occurrence.

Although there is still a question as to what time of year the most robberies and

crime actually occur, recent incidents have many thinking that winter is the worst time.

However, according to Waterloo Regional Police Services, this may not be the case.

"I checked our statistics and found that residential thefts and break-ins peak in the summer months and actually decrease throughout the fall," said police spokesperson Olaf Heinzl.

However, there have been several shocking crimes of late.

There have been robberies at Ben Moss Jewelers and

Peoples Jewelers in Fairview Park Mall and Raffi Jewelers at Conestoga Mall, deadly stabbings, including the fatal killing of a 60-year-old man on Iron Horse Trail in Kitchener and various robbery attempts at cash loan stores and ATM machines.

While two youths, 16 and 18, have been charged with second-degree murder in the stabbing of John Louis Ferreira on Iron Horse Trail a few weeks ago, police are still investigating the mall robberies.

"Police continue to work

with the business community to evaluate store security measures and work in conjunction with mall security personnel to reduce incidents through proactive measures, public awareness and enforcement," said Heinzl.

These examples barely scratch the surface on recent crime-related activity over the past few months. Conestoga students have also been victimized.

One Conestoga student who experienced crime first-hand said she'll never be the same after what happened to her.

On Labour Day, the apartment of second-year public relations student Melissa Gouveia and a few Conestoga roommates was vandalized. Beds were flipped over, drawers were on the floor with clothes scattered all over the place and several valuable items were stolen.

"We had two computers stolen, a hard drive, two iPods, jewelry, a designer purse, DVDs and other items as well," said Gouveia. "The police were able to find a handprint, but once the police officer left we didn't hear anything else from them."

"I feel like people are targeting the houses around the campus because they know they are lived in by students," she added.

Being robbed wasn't the first time Gouveia was a victim of crime. A few months

ago she and a friend were jumped near the Doon campus. She was pushed to the ground while the two suspects beat up her friend, kicking and punching him, leaving him bloodied and badly injured.

Gouveia still tries to go on like nothing happened but said it has been tough being the victim of crime.

"I don't feel safe in this area. There have been too many issues, someone was stabbed in the summertime, plus countless houses have been broken into," she said. "And because of these incidents, K-W has left a bad taste in my mouth."

Waterloo Regional Police Services isn't panicking or dwelling on recent crime activity in the region, but rather sticking to what they have always done to ensure residents are safe.

"Waterloo Regional Police enforce safety on our streets 365 days a year, 24 hours a day," said inspector Gregory Lamport.

If you don't feel safe around the campus, Conestoga College offers a Walk Safe program which consists of escorts who will walk you to your car or residence from 6:45 p.m. to 10:45 p.m. Monday through Thursday. For more information, contact Security Services which is located on the second floor in Room 2B10-6.



PHOTO BY MARCUS MATTHEW

During the day, it's safe to walk down the 5.5-kilometre stretch of Iron Horse Trail from Waterloo Park to Victoria Park. At night, it's a completely different story. The city is currently in the process of determining whether or not lights should be implemented along the trail after 60-year-old John Louis Ferreira was stabbed and killed.



PHOTO BY MARCUS MATTHEW

TEA TIME! IT'S GOOD FOR YOU

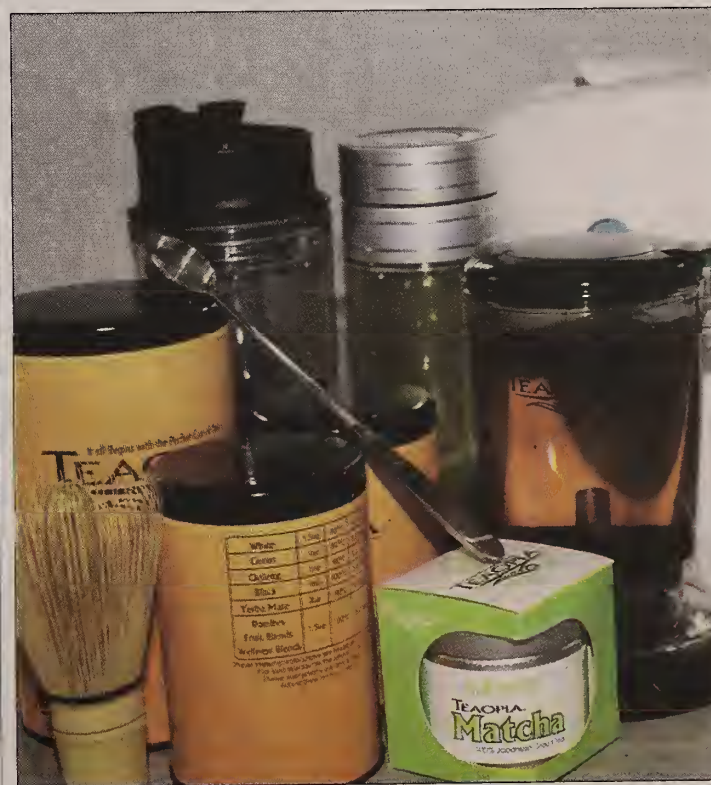


PHOTO BY ASHLEY IDLE

Are you looking to get a boost on that weight loss resolution? Tea is high in antioxidants and minerals that can aid in weight loss. Go visit your local tea shop and talk to their staff about the benefits of drinking tea while maintaining a healthy diet. Two local shops to visit are Teaporia in Fairview Park Mall, and Distinctly Tea in uptown Waterloo.



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Idol**

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CONESTOGA
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Season of the Witch entrances audience

By AMANDA BAINES

Broomsticks, wands, spells and potions have been lighting up the cinema screens for years. Sorcery and magic have become commonplace in theatres, and despite over 20 magically-themed films in the past decade, audiences continue to drink up these fantasy worlds.

But magic was not always so entertaining. *Season of the Witch*, a new film from the imagination of screenwriter Bragi F. Schut, transports the audience to the Crusades, and to the journey of two soldiers in the army of God.

Witches are viewed as evil and to be destroyed. The fate of the witch lies in the hands of the church, and women believed to be the evil enchantresses are hung, drowned or burned alive.

As two crusaders, Behmen, played by Nicolas Cage, and Felson, played by Ron Perlman, travel through Europe, they find towns and villages decimated by the black plague. Through their interactions with the townspeople, they are enlisted to transport a witch, played by Claire Foy, accused of ailing Europe with the plague, to Sevarak. A monastery in the mountains is their destination, where the

girl will be judged by the monks. Their journey is shared by Cardinal Debelzaq, Hagamar the swindler, Eckhart, a grieving knight, and Kay, a young man desperate to prove himself and become a knight.

Emotions are a constant theme throughout the film, and the dark colours and tones stir up feelings of solemnity and hopelessness. A knight grieving after the death of his daughter; a crusader tormented by his actions in the war; a girl none will talk to, trust or try to understand her plight. Fear of the witch, the plague and the dangerous trek ahead of the travellers make even the smallest problem seem astronomical, and the group fight together to complete their mission, and save their town.

This movie is not designed for the light of heart. A dark and brooding film, it offers little comfort to the audience. An unrelenting storyline keeps any hope at a minimum, and the twists in the plot leave your head spinning for days.

If you are in the mood for a romantic comedy, this is not your movie. But the *Season of the Witch* does bring nail-biting drama, suspense and excellent special effects. A Tolkien-



INTERNET PHOTO

A young woman (Claire Foy) is suspected of being a witch, and the responsibility of delivering her to some monks belongs to Behmen (Nicolas Cage) in *The Season of the Witch*.

esque design adds to the feelings of unseen magic and the importance of the quest at hand.

Although it is not a comedy by any stretch of the imagination, a few well-placed comic-relief moments bring precious seconds of light to this dark

tale.

Despite this film being dark and having a feeling of hopelessness for much of its two hours, it is a gem in a time that films tend to rely purely on special effects to float.

Rated 14-A, this is a violent and disturbing film. However,

it still received a standing ovation during its opening weekend. Raw emotion, pure talent and a plotline that leaves you guessing makes this one of the best films I've seen this winter.

I give the *Season of the Witch* four out of five stars.

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Find your direction with Career Directions

By CASSANDRA BOURGEOIS

Are you in the right program? If you're not certain, Career Directions can help you figure it out.

The three-part workshop, run by Career Services and Advising, takes place on the first three Tuesdays in February, from 5:30 to 8 p.m. The free workshop will help students assess the career direction they've chosen, find useful online career resources and learn about the myths and realities of career planning.

Students who attend all three parts of the workshop will receive a certificate of completion. To register, go to MyCareer under the services tab in the student portal. There's limited registration, so if you're interested, don't wait until the last minute.

Career Directions focuses heavily on making sure you're heading in the right direction.

"We look at interests, values and goals as they relate to career planning," said Karen Shoemaker, a career adviser. During the workshop, Shoemaker, Joy Tomasevic and Tao Cruikshank use a tool called the Strong Interest

Inventory assessment to find out where your ideal career could lie. The 10-page report measures interest in general occupational themes, basic interest scales, personal style scales and occupational scales.

"It's pretty intense and very informative on multiple scales," said Tomasevic.

Career Services and Advising assists students with all aspects of their career planning, from information about studying abroad, to advice about changing programs.

There will be a workshop aimed specifically at students who are the first generation in their family to attend college, taking place in the same weeks, on the Mondays. To register for that one, email Eleanor Given at egiven@conestogac.on.ca, or phone her at 519-748-5220, ext. 2378.

If you miss the workshop, you can still meet with a career adviser to discuss your goals. To book an appointment, drop by the Career Resource Centre, located in the Student Client Services Building, call 519-748-5220, ext. 2298, or email moneill@conestogac.on.ca.



Credit transferability: let's talk!

Doon Campus - January 24, 2011



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HOROSCOPE

Week of January 24, 2011






Aries

March 21 - April 19


Your band will have had enough of you, and will drive past you. You will no longer be welcome to their shows. Start a solo act.



Libra

September 23 - October 22

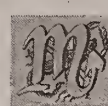
Spend some time with family this week. You'll remember why it is you spend so much time away from them.



Taurus

April 20 - May 20


You know that feeling you get when you're being watched? Spend tomorrow checking over your shoulder. It will pay off. Beware anyone wearing mirror shades.



Scorpio

October 23 - November 21


Be prepared! You never know when a tornado is going to come ripping through your house and your house alone. Pack a lunch. Avoid large trees.



Gemini

May 21 - June 21


So sorry, Gemini. Turns out you were a Taurus all along. From now on you should just check their horoscope to figure out how to live your life.



Sagittarius

November 22 - December 21


The number 14 is your unlucky number this week. Keep an eye out for it. Bad things are going to happen around it. If you live on the 14th floor, I'm so sorry.



Cancer

June 22 - July 22


The coming global convergence of energies will awaken your consciousness. Then you will wake up and realize that your entire life up till now has been a dream.



Capricorn

December 22 - January 19

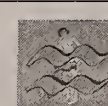
This week, you will win the lottery and lose on the stock market at the exact same time. You will get tons of media attention, but end the week on par.



Leo

July 23 - August 22


Start collecting sugar packets. When the world ends this week, (Shh! It's a secret!) these will allow you to barter for food and services.



Aquarius

January 20 - February 18

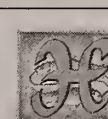
When you seize control of a small eastern-European country this week, remember to take the advice of the old "Evil Overlord" list.



Virgo

August 23 - September 22


Get some sun this week, since spring is coming. Your world-famous tan will make the news along with your upcoming medical treatment.



Pisces

February 19 - March 20

Did you know that 100% of everyone you know is saying something behind your back? It's true. Ask them. Remember if they say otherwise, they're liars.



Paul Irvine carefully examines the stars and then ignores them for your amusement.

Judging the Idol judges

By ERIN FARRAR

Every time I watch an episode of American or Canadian Idol it leaves me annoyed, disgruntled and many times standing there yelling angrily at my TV.

It's always been an entertaining show but there are some definite flaws in its makeup. Personally, I watch the show because I love music and it's exciting to see others displaying their talents for the world. But if I could change one thing about the show, it would have to be the judges.

Why is it that the judges on most reality shows are people who know extremely little or, perhaps, nothing about what they're judging? It's truly annoying to see the most talented people on the show going home because instead of it being a competition about the music, it's a complete popularity contest.

It's easy to point out during the audition process that the show is attempting to create laughs because odd characters are often chosen to perform in front of the main three judges.

There is a series of screening processes and only the best are supposed to make it to the final stage and possibly on TV. So you know when there are extremely horrible people auditioning in front of Randy, Simon and Paula that the purpose is just to entertain the viewers. It's not really fair.

I know many people watch the show mainly to hear the judges' opinions. They enjoyed seeing Simon rag on people's talent, or lack of, or like to hear Randy's boring comments that people seem to value so highly. All I think when I hear the judges speak is that they have no idea what they're talking about.

The new judges for this upcoming season are Jennifer Lopez and Steven Tyler who join Randy Jackson. This doesn't make me feel any better.

Just because someone is a singer doesn't mean they know how to train another singer. Many singers don't know anything about music theory and the proper way to work their vocals; they just do what comes naturally to them. That's why there is a huge difference between the sound of a classically trained voice and one that's digitally mastered and drastically altered.

The kind of judges I want to see are university professors who study and teach voice or the director of a choir. In other words, people who really know what they're talking about.

Music isn't about looking a certain way or acting a certain way; it's about the music, plain and simple.

Too bad the Idol judges don't get this.



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Graphic artist

Tool and die maker

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RESPECT COMMITTEE RECRUITING VOLUNTEERS

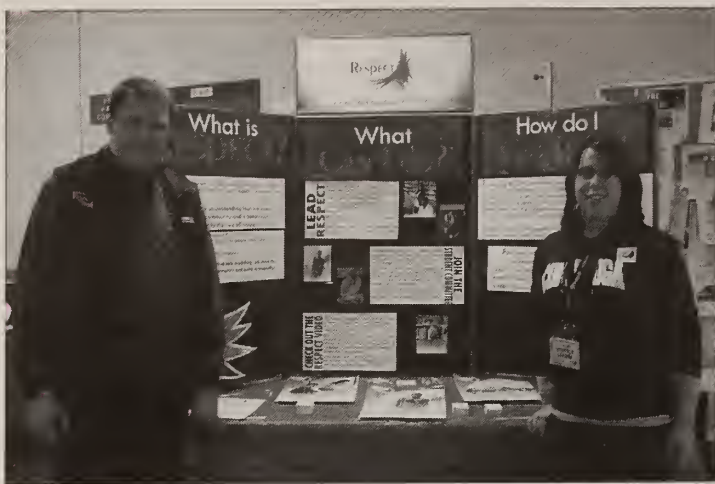


PHOTO BY LAURA BENNETT

Sasa Kahrmanovic, left, a second-year police foundations student, and Danielle Huges, a first-year respiratory therapy student, stand in front of their Respect campaign display in the B-wing at Conestoga College on Jan. 12. Huges and Kahrmanovic are Respect leaders and are trying to recruit volunteers to be a part of the Respect Student committee. Volunteers will only meet every other week, and help with planning and organizing various Respect projects.



DC Universe Online punches out the competition

By PAUL IRVINE

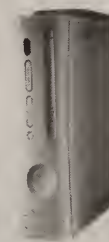
This is, hands down, the best launch of an MMORPG I have ever seen.

This doesn't make it the best MMO currently out, but DC Universe Online is not going to go the way of All Points Bulletin, which shut down after only a few months with its servers open.

For those unaware, DC Universe Online lets you build a hero or villain in the DC Comics Universe (well, at least an alternate universe variant of one) where you play a normal person who has been infected by one of the villain Brainiac's exobites, stolen by Superman villain Lex Luthor and released into the atmosphere as a last-ditch effort to combat the greater villain's plans. Basically, you get infected, and then you get super powers.

Since the launch of the game, I have only had it crash once, which is considerable since with most MMOs you can expect major stability issues even just on a patch day, let alone immediately following the launch.

The character creation system (and let's face it, for a superhero game this is more important than average) is fairly robust. The costume options are a little less



Video Game Review



impressive than in City of Heroes/Villains, but overall better designed. You can change your costume, for free, at any point during the game, with extra costume sets being collectibles. This means you can have the statistics of one piece of equipment, with the preferred look of another piece. Extra customizability is never a bad thing. On that note, the graphics are just beautiful no matter what you're doing.

The combat system is both better and worse than other systems in the genre.

There's been some talk about the control scheme having been bad if you are playing on a mouse and keyboard, but I haven't really seen it. There is, admittedly, a little wonkiness when it comes to targeting, but so far it hasn't been game breaking for me. If you've played Batman: Arkham Asylum with the keyboard and mouse, you'll definitely be fine with this game.

PVP is fun and active. You

collect different characters to play in an arena-type setting. Villains start out with Harley Quinn, while heroes get to play the boy wonder, Robin. Winning PVP matches gets you points which you can use to collect other heroes and villains, each of who plays completely differently.

Fighting is more action oriented than in other MMORPGs. Expect to be doing a lot of mouse clicking or thumb wrestling to pull off combos. This is actually a plus, though, as combat is actually fun, rather than a brain-numbing chore.

The programmers also did the game a service by giving you full access to one of three basic movement powers right from the beginning.

This game is definitely recommended. If you can find a demo, it's worth a shot to see if it's your sort of game. DC Universe Online is available on the Steam distribution platform for \$49.99, and costs \$14.99 a month to play, and so is on par with other MMORPGs on the market.

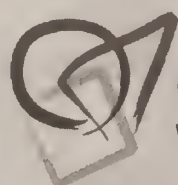
Congratulations

to the Conestoga students who completed the
Connect Leadership Workshop Series in Fall 2010!

Mark Aran, Danielle Bedard, Heather Barker, Bethany Brazeau, Lori Bauman, Kathryn Benoit, Ben Brunkard, Stephanie Cassidy, Katherine Crighton, Rachel Dostle, Rutendo Dube, Amy Eaton, Pete Grillo, Samantha Karidas, Casey Klomp, Alexander Kostiuik, Kevin Laidman, Lauren Lattner, Janice Luey, Alejandro Larios Pangtay, Julie-Anne Lloyd, Colleen McWhinney, Melora Newell, Steven Penner, Zolt Popic, Sebastian Sannes, Elizabeth Santos, Paula Schultz, Shannon Tessier, Alyssa Van Eck, Caterina Vavarito, Amanda Wesley, Shelley Wilson, Yurey Wu, Tracey Zettler

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www.conestogac.on.ca/leadership



Student Life
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Connect
Leadership Workshop Series

Everyone deserves a second chance

Second chances in life are rare and need to be made the most of.

A little over three years ago, Michael Vick was a name that if used in a sentence, was mingled in between terrible, hateful words after he committed an inexcusable act that landed him in prison for close to two years.

Now, however, Michael Vick is a name that is associated with MVP candidates and discussions about elite quarterbacks.

I have to shake my head in disbelief when I see the statistics Vick put up this year. My eyes widen when I see his



**Brandon
Reoch
Opinion**

100.2 quarterback rating along with his 3,001 passing yards, 21 touchdowns to six interceptions and the 676 rushing yards and nine touchdowns. My jaw drops when I see he didn't play four games of the season.

But for me I really don't know what is more impressive; his statistics or the 180

degree turn his life has taken.

On Dec. 10, 2007, Vick was sentenced to 23 months in prison for running an illegal dog fighting ring.

On April 3, 2009, Vick told NFL commissioner Roger Goodell he was a changed man and his future actions would show that. I must say they most definitely have.

He has helped out humane societies in Virginia and Georgia and talked to elementary students about the cruelty of dog fighting.

People out there may say he is only doing this to improve his image but those people don't know or haven't taken

into consideration the time former NFL coach and mentor Tony Dungy has devoted to helping Vick change.

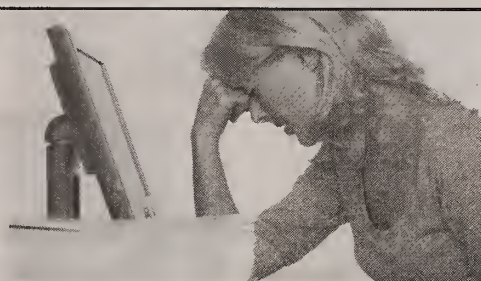
The praise and respect Vick has received for changing his life has been immense over the past two years. At one point in the past two years, Vick was a third string quarterback. When Donovan McNabb was released and Vick was given the role of backup quarterback, he handled it like a man. No middle fingers like we saw in Atlanta, no throwing teammates under the bus and no quitting on a team. Instead, Vick accepted his role of back-

up and when awarded the starting job, he looked like a 10-year veteran. Even with the busy life of starting quarterback, Vick has given back to his team and community and has made huge strides in becoming a better person.

The jokes will always be made about Vick and the dog fighting but to me, he is a changed man and has made a change for the better.

A second chance on the football field has definitely gained Vick more fame than ever but a second chance in life may have been what Vick needed to become the man he is becoming.

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To register send your timetable...

- to COUNSELLING SERVICES, 1A101
 - online counsellingreception@conestogac.on.ca
- ... by Friday, January 28th

Group will run for 4 weeks beginning in February...See you there!

Career Events this week

January 25 – 27

Resume, Cover Letter & Job Fair Success Workshop

January 25 & 26: 1 – 2:30 p.m.; January 27: 3 – 4:30 p.m.
Doon Campus: Room 2A111
Registration required through MyCareer.

- Learn how to develop and polish your resume and cover letter for maximum impact.
- Gain valuable tips, based on employer feedback, on how to make the most of a job fair.
- Learn how to best prepare to network with employers at the upcoming RIM Park Job Fair 2011.
- Spaces are limited, so register early

January 27

Home Depot on Campus

10 a.m. – 2 p.m.
Doon Campus: inside Door #3

Representatives from Home Depot will be at Doon campus to discuss employment opportunities.

January 28, 31 and February 1

Rapid Resume Review Clinics

11 a.m. – 1 p.m.
Doon Campus: SLC, Lower Level Atrium
Guelph Campus (January 28 only): Cafeteria
Registration is not required.

Get prepared for the RIM Park Job Fair on Feb 2nd. Drop by one of Co-op and Career Services' Rapid Resume Review Clinics to polish your job search documents.

Login to **MyCareer** to register for resume workshops, events and more.

(From the Student Portal, click on the "Services" tab)



CO-OP &
CAREER SERVICES

Wilmot goes wild for lacrosse

By SARA BUSSE

Canada's national sport is coming to Wilmot. No, it's not hockey, but rather lacrosse, with the new Wilmot Wild Lacrosse Club starting up.

Wayne Paddick, who has

played lacrosse since he was five, is the driving force behind the club and after a long wait has finally been given the OK to open the club. This year they will hold try-outs for team members. Paddick himself had to retire

from playing the game three years ago after tearing his ACL while playing men's field lacrosse. However, he still referees, something he's been doing for 25 years.

Not sure what lacrosse is? Lacrosse is a team sport

where players pass, catch and carry a rubber ball using sticks with a netted pouch at one end. The object of lacrosse is to gain points by shooting the ball into the other team's net. Until seven years ago lacrosse was Canada's national sport, but hockey was added in 1994, and now it is Canada's official winter sport while lacrosse is the nation's official summer sport.

"Lacrosse is a cross between basketball and hockey," said Paddick. "It's similar to the floor rules of basketball and like hockey because it's a physical sport with lots of contact."

The season starts in May and ends in August. Games will be held at the new recreation centre, although

Paddick would prefer to see the games played at the old arena.

"I love old arenas, the old rafters, the wooden seats. In the summer it's hot and stinky in there. We want to be in the stands sweating and yelling," he said.

Paddick has been hitting the pavement to promote the new club in the area and hoping to draw crowds in with the idea of outdoor barbecues, activities and field games, and he is relying on the community to come out and support the club. He's most excited about getting the old New Hamburg lacrosse team from the 1960s to come out for the home opener on May 7.

Visit www.wilmotwild.com for more information.

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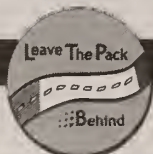
enter our contest online to **QUIT** or **REDUCE** or **STAY SMOKE-FREE!**

www.LeaveThePackBehind.org

Registration opens: December 1st. Contest starts: January 24th.



Cash prizes made possible
by the generous support of
Pfizer Canada.



*Winners will be drawn at random based on contest rules.

Funding for this program
has been provided by the
Government of Ontario.



COUNSELLOR'S CORNER: Goal-Setting

Submitted by a student



I used to make New Year's resolutions that generally didn't last past January 20th. It's that fresh feeling of having a chance to solve problems, achieve new heights and challenges that encourages us to set goals. As the New Year begins, we are often excited with our good intentions for positive change, despite past resolution failures.

My experience at a workshop about change helped me to recognize why my New Year's resolutions never worked. I didn't need more motivation; I needed smaller goals, or at least my long-term goals needed to be organized into easily manageable steps. Many of us tend to set goals that may be out of reach ("This semester, I'll get all A's" or "Moving on from a frustrating relationship."). As a result, we feel let down, frustrated, even powerless when the first disappointing grade appears or the frustration continues.

Instead, a long-term goal, such as "I want my grades to improve this semester" is more attainable. A step-by-step approach might include: attending all classes, with only sickness as an exception; staying ahead by doing textbook reading prior to class; and seeking help when necessary from faculty or a peer tutor. The latter are smaller, achievable goals that will almost assuredly lead to higher marks.

Set goals for you that are realistic, achievable and measurable. Failure decreases confidence and motivation. Success builds confidence and motivation. For goal setting or any other assistance, see a counsellor in Counselling Services. I did!

A Message from Counselling Services, 1A101

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PHOTO BY THOMAS PARENT

Gliding along a freshly cleaned ice surface at the Cambridge Centre rink is a great way to spend a few hours and stay active.

Put hibernation on ice

Stay active over winter by skating

By THOMAS PARENT

Everyone this time of year wants to go into hibernation. It's cold, we've all gained 10 pounds after a month of lazing around, eating turkey and drinking eggnog, and we're all broke. So what is there to do on a cold January day with no money in your pockets and a little extra fat in your sides?

Go skating.

“

Bring some hot chocolate and a blanket and you're set.

—Kristin Parks

”

Living in the tri-cities gives us the great opportunity to take advantage of the approximately 20 arenas and skating rinks in the area. Some outdoor rinks, such as Kitchener City Hall, are free. Others are \$3 a person for afternoon skates or \$1 for a noon skate.

“I like to take the kids out once or twice a month in the winter,” said Kristin Parks, 32, a Cambridge resident.

“It makes for a nice afternoon. Bring some hot chocolate and a blanket and you're



set.”

And, of course, you'll need skates as well. Living in Canada, I can't imagine anyone not owning a pair, but if you are one of the unfortunate few who doesn't, The Cambridge Centre rink rents skates for \$4.

This is a perfect way at this time of year to get out and enjoy the season, get some exercise and not break the bank. Being in college, this a trifecta not worth ignoring.

Don't know any good rinks? The following five should get you started ...

- Kitchener City Hall
- Cambridge Centre
- RIM Park
- Hespeler Arena
- Waterloo Rec Centre

Get involved in intramurals and stay active this term

By ASHLEY IDLE

You may have missed the first deadline, but don't write off intramurals yet.

If you're raring to get active this winter, and are looking at intramurals as an option, you need to act fast. Intramurals start this week, and if you are not already part of a team, you still might be able to sign up as an individual.

“We try to squeeze people in the best we can,” said Katie McCartney, who is in charge of intramural and extramural sports with campus recreation and athletics.

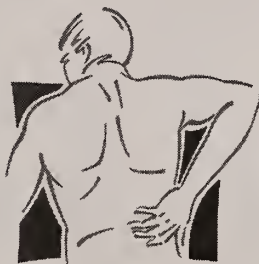
If you are interested in playing dodgeball, ice hockey, indoor soccer, volleyball or ball hockey, get in touch with McCartney at 519-748-522, ext. 2317.

If none of these intramural sports appeal to you, there are going to be more options coming later this semester. The athletics staff is offering alternatives to these sports in the form of mini tournaments. The planned events include a 3-on-3 basketball tournament, snow-pitch, a squash ladder and a mini-volleyball tournament. The athletics complex is also offering recreational bad-

minton on Wednesday evenings from 4:30 to 6:30 during the fall semester.

“The opportunity to get involved is key for the college experience, whether it is in sports, intramurals or other clubs,” said McCartney. “It's an opportunity to meet people and to de-stress.”

Even if you're not interested in playing for a team, cheering on Conestoga's extramural hockey teams gets you out and meeting new people. For information on upcoming intramural events, go to www.conestogac.on.ca/recreation/sports/intramurals/index.jsp.



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